



## **Bio for Charles Thomas**

### **Charles's recovery story:**

As the son of 2 sober alcoholics/addicts, I was raised with an early understanding of the 12 steps of Alcoholics Anonymous. Although I knew the potential consequences of drug use from an early age, I still slipped into addiction in my early teens.

I spent years using drugs and alcohol before I was kicked out of school and ended up in treatment. Over the course of the next 5 years, I went through 10 different treatment centers before it finally clicked that I needed to enter a long term sober living environment if I ever wanted to get my life together.

Within 6 months, I began working in the recovery industry and quickly realized my passion was working with people in early recovery. Since then, I have spent the last 10+ years working in the recovery field, and doing everything possible to help people rebuild their lives.

**828-350-9960**  
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### **How Charles came to Next Step:**

I moved from Los Angeles, CA to North Carolina in 2022. Leading up to my move, I had spent years in the Program Director role for structured sober living in the Los Angeles area. After moving to Asheville, I decided that I wanted to enter into an admissions role. I quickly came to love the role and decided to pursue it as my full time position. I took the Admissions Director position at Next Step Recovery in June of 2023. I have since had the opportunity to work with numerous families to find the best treatment environment for their loved ones.

### **Charles's advice for recovering addicts and their friends & family:**

Never give up. It takes time to find your feet in sobriety and you have to continue working a program. Do everything you can to immerse yourself in recovery while you're in treatment, then stay as busy as possible when you complete the program. Staying in a structured sober living environment for a prolonged period of time has been proven to improve your chances of long term recovery, so take the opportunity while you can.

For families, support your loved one as best you can, but always be sure to set clear boundaries and stick to them. It's going to be hard to maintain those boundaries, but you are saving your loved ones life and you will be grateful you did in the long run. Don't enable their addiction. You can be their biggest cheerleader and provide them with all the love in the world without bending when they push you to do something you know you shouldn't. If you don't know what to do, ask a professional.

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**A little known fact about Charles:**

In my free time, I like to write music and short stories.

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